



Lesson Title	AN INCLUSIVE DANCE CLASS_PARTNERING
Level	Empowerment
Group	Mixed group
Target group	Adults and children with or without disabilities
Number of participants	18-22
Duration	1.5 hours

Goal - Essential question:

Creative exploration based on folding

PROCEDURE

Hello and warm up (10 minutes)

Check in with the group and then warm up in a big circle so that everyone can see each other.

Outcomes: Gauge energy of the group, warm up.

Folding Drills (20 minutes)

Look at the honey and describe its texture. Write words on paper and stick them on the wall as a reminder. Talk through what is on the wall. Split into pairs and enact the words.

Outcomes: The reason of using honey is for the participants to visualize the texture of how things fold on top of each other. It is important to encourage the participants to respect basic concepts of dance such as knees over toes and working position.

Guess the leader game (15 minutes)

Choose 1 leader and 1 guesser. The leader chooses what moves to do and the guesser follows.

Encourage everyone to move together. Remind the dancers to move slowly. It works best to stay on the spot to begin with.

Goal: The concept of dancing together and focus is to be taught in this exercise.

Fold and float exercise (10 minutes)

Use images to explore that help participants visualize stretching and bending. Try using images about floating and folding, which will help the participants visualize stretching and bending. Eg. 'Find a way to reach up above your head for 4 counts then find an expansion for 2 counts'. Simple playfulness can quite easily turn into a dance exercise this way. Remind dancers of the skills they have just been learning and how they relate to the exercise

Outcomes: To implement skills as outlined in the folding skills.

----5 minutes break----

Duet Creative Task (20 minutes)

Revisit words about honey. Talk about opposite textures/qualities. Each pair creates dance using a pair of opposite words. You could encourage them to add details (e.g. repetition, prop, entrance/exit into the performance space etc.). Watch the duets.

Outcomes: Creative exploration based on folding

Cool down (5 minutes)

Taking a similar format to the warm up, everyone return to the circle and goes through a calming cool - down involving short stretches and a chance to come together for one last time in the class.

Outcome: Focus, cool down.

Word of the week (5 minutes)

Get the participants to choose a word that reflects this lesson and get them to share it with everyone.

Goal: To encourage them to communicate with others and to reflect on what they learned. Over time it will build a sense of togetherness.

END OF PROCEDURE
